

# Yoga for Holiday Travel

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## RELAX

Return to your seat. Place your hands on your knees, palms face up. Close your eyes and slowly relax the body, beginning at the top of your head, releasing the tension in your forehead, jaw, neck, shoulders, chest, arms, wrists, back, hips, knees, ankles, and feet. Inhale in all the way down to your feet, feel the floor beneath you, and then bring the air all the way back through the body to the top of the head and exhale. Repeat until the body is fully relaxed.

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## BE LIKE A TREE

If possible, stand in the aisle (or at the back of the plane). Place your right foot on your ankle, calf, or thigh (avoid the knee). Activate the muscle of both legs for stability. Branch up and out with the arms. Balance on the other leg.



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## DOUBLE PIGEON

Begin cross legged. Stack the calves like logs on top of one another with the feet on the knees. Flex the feet. Slowly fold over your tray table. Hold for one minute on each side.

1

## CENTER

Sit comfortably. Place your hands on your knees, palms down. Inhale slowly through the nose to a count of 5, exhale to a count of 5. Bring your attention to your breath. Quiet the mind.

2

## STRETCH

Interlace the fingers. Inhale and sweep hands overhead to stretch the wrists. Relax the shoulders. Hold for 3 breaths. Reach hands to the seat in front of you. Stretch and release the head and neck.



3

## SEATED EAGLE

Sweep your right arm under your left. Bring the palms together. Lift your elbows, pull the hands away from the face. Close your eyes. Release the tension from your angel wings. Hold for 30 seconds. Switch sides.



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## TWIST & RELEASE

Place feet flat on the floor, sit at the edge of your seat. Lengthen the spine. Bring your left hand to your right knee. Reach behind you with your right hand. Look over the right shoulder, breathe. After 60 seconds, center and twist to the left.

